

Glutes Guts and Guns – April 27th

By Katherine Ricica

4 Rounds, repeat each round twice before moving to the next.
*Bonus Burnout: complete each round back to back once more

Round 1:
Squats x12
Bicep Curl and Shoulder Press x12
20 Mountain Climbers + 2 Push-ups. Repeat 3x.
Repeat 2x

Round 2:
Alternating Lunges x16
Chest Press, Fly, Tricep Banger x8
Kettlebell Swing x20
Repeat 2x

Round 3:
Sumo Squat x12
Bicep Curl Combo x10
O.H. Tricep Ext x12
Jab x2 in static squat, Plank pop x10
Repeat 2x

Round 4:
RDL x12
Hammer Curl x12
Side Plank 40 sec
Deadbug x14
McGill Crunch x12
Repeat 2x

Bonus: Repeat all rounds 1 more time!